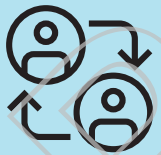




# Being Your Best You



Social-Emotional  
Learning Activities



# What is Social-Emotional Learning?



Social-emotional learning, or SEL, will help you learn things like how to make good decisions, get along with others, and cope with your feelings.

There are five main SEL skills, and in this booklet, you will learn about each of them. You will also learn how you can work on developing these skills.

*Having good SEL skills will help you be your best YOU!*

Here are the five main SEL skills:

1. self-awareness
2. self-management
3. responsible decision-making
4. social awareness
5. relationship skills

Below is a short description of each of the above five skills.

Write in the number of the SEL skill that goes with each description.

\_\_\_\_\_ Being able to make healthy, smart decisions

\_\_\_\_\_ Understanding your emotions, goals, strengths, and thoughts, and how they affect others

\_\_\_\_\_ Being able to build meaningful, healthy relationships

\_\_\_\_\_ Being able to control negative emotions

\_\_\_\_\_ Understanding the feelings and viewpoints of others—and that different behaviors are expected in different situations

**Developing SEL skills will help you succeed in school,  
in a career, and in life!**

# Self-Awareness



Self-awareness is having the ability to understand your thoughts and feelings and how they affect what you do.

Self-awareness includes:

- ▶ being able to name your emotions.
- ▶ understanding and demonstrating honesty.
- ▶ recognizing when you're judging others.
- ▶ developing your skills and interests.
- ▶ seeing the positive side of negative situations.

## How well do you know yourself?

Complete each sentence as honestly as you can.

1. I feel happy when \_\_\_\_\_

\_\_\_\_\_

2. I feel stressed when \_\_\_\_\_

\_\_\_\_\_

3. I learn best when \_\_\_\_\_

\_\_\_\_\_

4. I really need to work on \_\_\_\_\_

\_\_\_\_\_



# Self-Management



Self-management is the ability to manage your feelings, thoughts, and behaviors.

Self-management includes:

- ▶ dealing with your emotions in an appropriate way.
- ▶ motivating yourself to get things done.
- ▶ planning ahead and being organized.
- ▶ setting goals and working to achieve them.

## How good are you at self-management?

**Yes**   **No**   Check the boxes that best describe you.

- |                          |                                     |                                                                  |
|--------------------------|-------------------------------------|------------------------------------------------------------------|
| <input type="checkbox"/> | <input type="checkbox"/>            | Do you have healthy ways to deal with stress?                    |
| <input type="checkbox"/> | <input type="checkbox"/>            | Can you usually control your emotions?                           |
| <input type="checkbox"/> | <input type="checkbox"/>            | Do you set goals and hold yourself accountable for meeting them? |
| <input type="checkbox"/> | <input checked="" type="checkbox"/> | Do you refuse to give up, even when you get discouraged?         |
| <input type="checkbox"/> | <input type="checkbox"/>            | Are you able to calm yourself when you get upset?                |

Give yourself 1 point for each "Yes" answer.

**4–5 points:** You have good self-management skills. Keep it up!

**3 points:** There are likely some areas of self-management you can improve.

**0–2 points:** Your self-management skills need work. Identify areas you can work on and make plans to improve them.



VIDEO

# Responsible Decision-Making



Responsible decision-making means having the ability to make decisions that are smart, respectful, safe, and honest.

Responsible decision-making includes:

- ▶ understanding the consequences of your actions.
- ▶ knowing how your decisions will affect your well-being and the well-being of others.
- ▶ using critical thinking skills to help you make decisions.
- ▶ choosing to do what's right, even when it's hard or unpopular.

## Think about your decision-making skills.

1. Write about a time when you had to make a hard decision.

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2. Was your decision smart, safe, and/or honest? Why or why not?

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3. If you made that decision again, what would you do differently?

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# Relationship Skills



Relationship skills refer to your ability to form happy, healthy relationships with others.

Relationship skills include:

- ▶ making and keeping friends.
- ▶ being a good communicator and listener.
- ▶ being aware of and sensitive to differences.
- ▶ being able to resist peer pressure.
- ▶ resolving conflicts in a calm and helpful way.

## Relationship Check-Up!

Think of your closest relationship that's not a family member. This can be a friend, or someone you have a romantic interest in.

What is the relationship? \_\_\_\_\_

Circle "Yes" or "No" for each question below.

Does this relationship make you feel good?    Yes    No

Do you feel safe in this relationship?    Yes    No

Is there a balance of give and take?    Yes    No

Do you trust and respect each other?    Yes    No

Based on your answers, is this a healthy relationship? Why or why not?

\_\_\_\_\_

\_\_\_\_\_



VIDEO

# Social Awareness



Social awareness means having the ability to understand the feelings and viewpoints of others.

Social awareness includes:

- ▶ showing empathy and compassion.
- ▶ considering the perspectives of others.
- ▶ showing appropriate behavior in different social situations.
- ▶ reading body language, facial expressions, and tone of voice.

People use nonverbal cues, such as body language and facial expressions, to show how they're feeling. Being able to read these cues can help you be a better friend, family member, and classmate.

*In each box, write a nonverbal way someone might show that emotion.*

Happy

Stressed

Excited

Angry



# SEL will help you be your best YOU!



Developing SEL skills will help you be happier and healthier, do better in school, and have a brighter future.

*Sophia is a senior who has excellent SEL skills. Match each of the following comments she's made with the SEL skill it demonstrated.*

1. "I wanted to go to the game, but I decided to study for my test instead."  
a. self-awareness
2. "I am good at writing, but my math skills need work."  
b. self-management
3. "Helping with the play this year made it easy to make new friends."  
c. responsible decision-making
4. "When I get upset, I've found I can calm down if I just stop and take some deep breaths."  
d. social awareness
5. "My neighbor is older and can't hear very well, so I always speak slowly and clearly when I talk to her."  
e. relationship skills

*Now that you've learned about the five core SEL skills, choose one of the skills to work on. Which did you choose? \_\_\_\_\_*

*Go back to the page discussing that skill and review. Watch the video if you haven't already, and think about how you can improve that skill.*

*Work on developing your SEL skills—and on becoming your best YOU!*

Answers: 1. c 2. a 3. e 4. b 5. d